GOAL

How important is this change to me? (1-10)

MY STEPS TOWARD SUCCESS:

1.

2.

Potential barriers:

How can I overcome these?

Who can help?

Confidence level for success (1-10):

Pay off (How will I benefit?):
GOAL: Weight Loss - 1-2 pounds per week or 4-8 pounds per month.

How important is this change to me? (1-10)
10 out of 10. Feels tired all the time.

MY STEPS TOWARD SUCCESS:

1. Exercise
   - 5 days per week
   - At least 30 minutes per day up to 1 hour
   - Walking/cardio
   - Machines for toning

2. Healthy Eating
   - Low Fat Diet
   - Snacking on fruits or vegetables
   - Portion Control

Potential barriers:
   Time

How can I overcome these?
   Making it a priority and scheduling it in.

Who can help?
   Wife - big motivator

Confidence level for success (1-10):
   8 out of 10. Enjoys exercising. Wants to lose weight to feel better.